



The BCMA Burnaby, New West / Tri-cities Women's Branch

Seniors Wellness Program

Healthy Aging → Healthy eating

Learn about Nutritious Food and good eating habits

*Celebrate one of the most righteous
Women mentioned in the Quran-*

Maryam (Mary),

Mother of Prophet Isa (Jesus)(Peace be upon them)

Sura 3 (Al Imran), ayah 42

*Behold! the angels said: "O Mary! Allah hath
chosen thee and purified thee – chosen thee
above the women of all nations.*

Sura 66 (Tahreem), ayah 12

*And Mary the daughter of 'Imran, who guarded
her chastity; and We breathed into (her body) of
Our spirit; and she testified to the truth of the
words of her Lord and of His Revelations, and
was one of the devout (servants).*

Wednesday, Dec 17th, 2014

Masjid Al Salaam

5060 Canada Way

10.30am to 1.00pm

**Sisters are encouraged to
come and participate in the
discussion.**

Enjoy a potluck lunch with us.

Please bring a plate and share with us for Lunch. Thank you.